

SALE U3A PROGRAM SEPTEMBER 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
1.00 Hand & Foot	1.00 Bolivia	1.00 Mahjong	10.30 History	1.30 Exercises
Sept 04.	Sept 05.	Sept 06.	Sept 07.	Sept 08.
11am Discussion Group	9.45 Tai Chi			
The Books That Made Me...	10.00 ...Melissa Steel R.N..		10.30 History	1.30 Gallery
	Talking on Dementia	1.00 Mahjong	1.30 Exercises	
1.00 Hand & Foot	1.00 Bolivia			
Sept 11.	Sept 12.	Sept 13.	Sept 14.	Sept 15.
10.00 Ramble	9.45 Tai Chi			
1.00 Hand & Foot	10.00.. Mouli		10.30 History	1.30 Exercises
	True Care Physio	1.00 Mahjong		
	1.00 Bolivia			
Sept 18.	Sept 19.	Sept 20.	Sept 21.	Sept 22.
	9.45 Tai Chi			
1.00 Hand & Foot	10.00 ..Sharon Foley		10.30 History	1.30 Exercises
	Sustainability Waste Recycling	1.00 Mahjong		
	Nakumbalook Community Gardens			
Sept 25.	Sept 26.	Sept 27.	Sept 28.	Sept 29.
	9.45 Tai Chi		Grand Final	
1.00 Hand & Foot	10.00 ..TBA	1.00 Mahjong	10.30 History	Holiday
Room 7, Old High School, 55 Raymond Street, Sale.				